

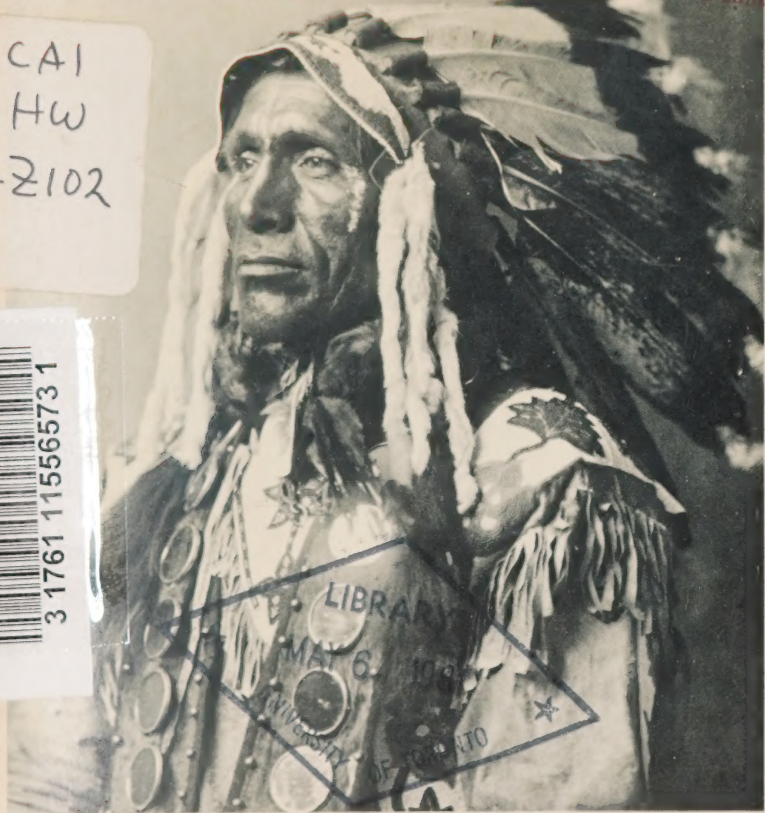
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# NATIONAL NATIVE ALCOHOL ABUSE PROGRAM



Health and Welfare  
Canada

Santé et Bien-être social  
Canada



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# NATIONAL NATIVE ALCOHOL ABUSE PROGRAM

Published by the authority of  
The Minister of National Health and Welfare and  
The Minister of Indian and Northern Affairs

Health and Welfare Canada  
Medical Services Branch and  
Indian and Northern Affairs  
Indian and Inuit Affairs Program

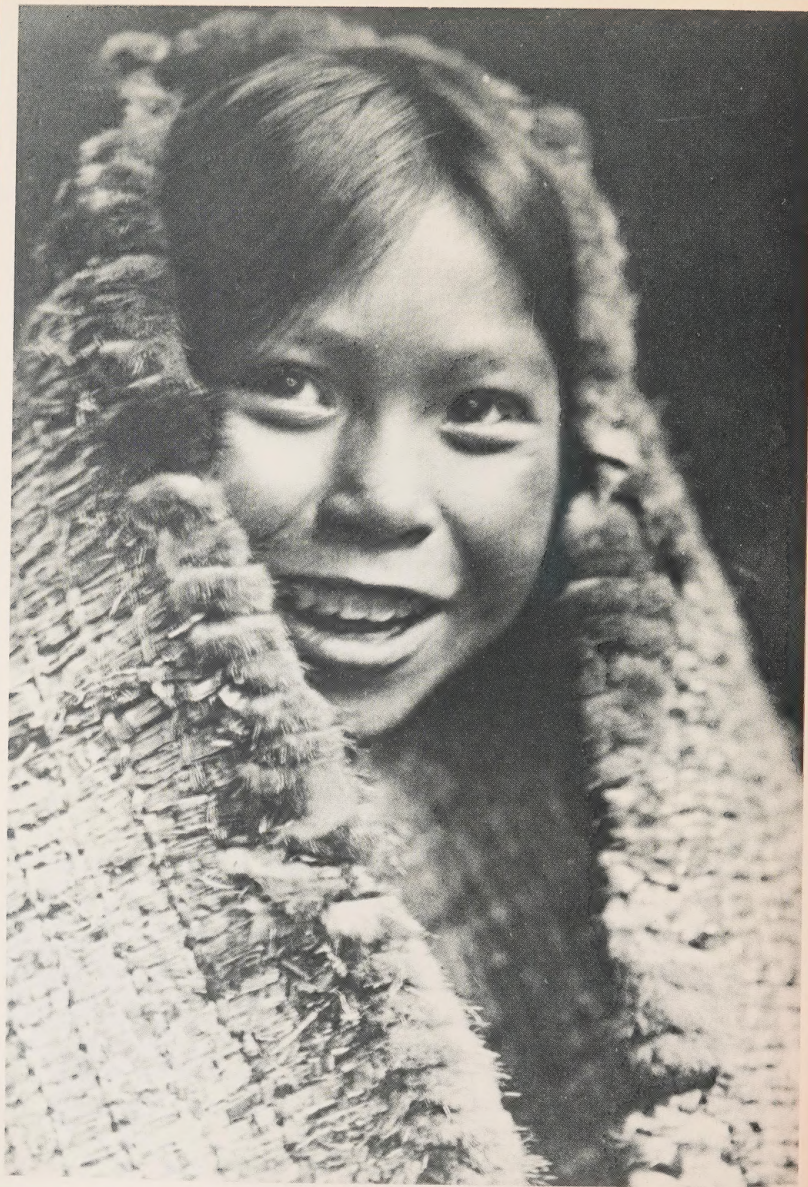
Ottawa, Canada  
1981

Également disponible en français sous le titre  
«PROGRAMME NATIONAL DE LUTTE CONTRE  
L'ALCOOLISME CHEZ LES AUTOCHTONES».









## ACKNOWLEDGEMENTS

The essays in this pamphlet were written by Indian children of British Columbia.

Photos courtesy of the Public Archives of Canada.



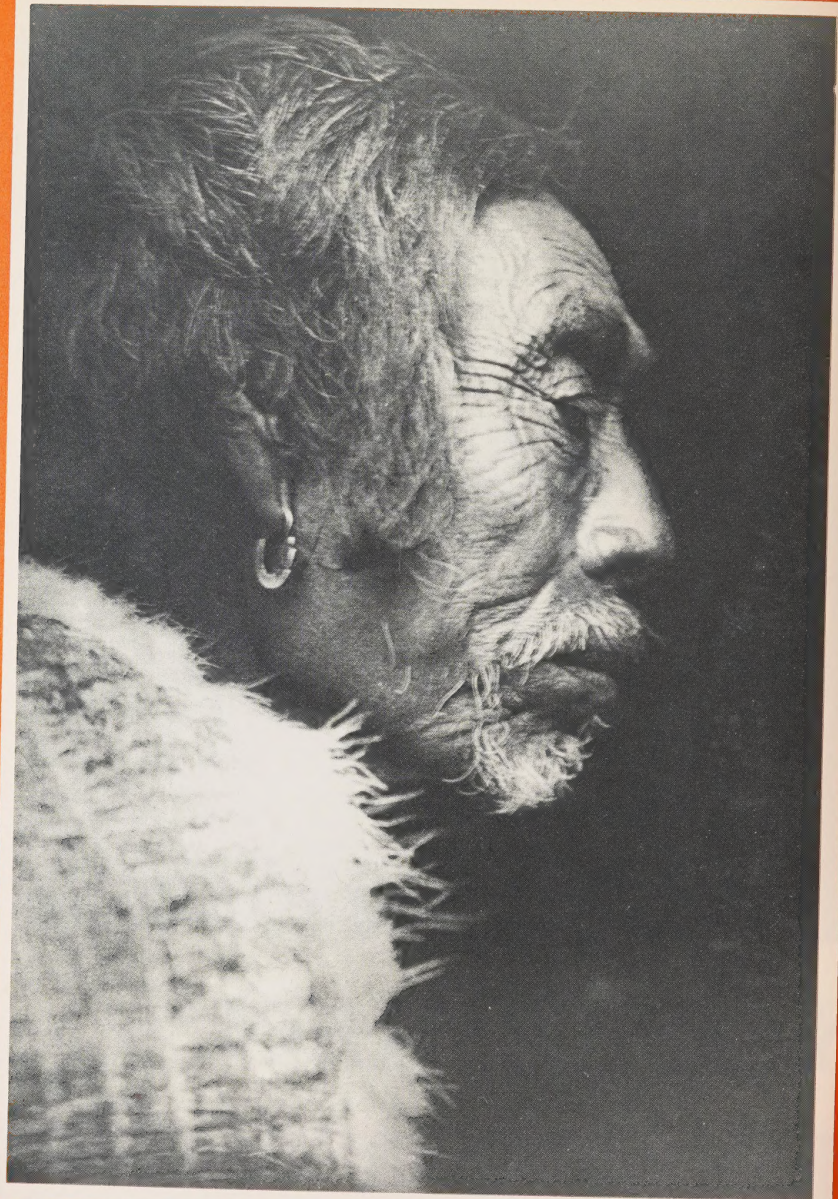


DRINKING I





NOT INDIAN



Tammy age 13

I seen you drinking  
On a Saturday night  
I'm not a drinker  
And that's all right.





Cindy age 7

Don't drink alcohol. If you do you will get drunk or sick. It goes through your blood stream. Alcohol is beer, wine, baby duck, and whiskey. Don't drink too much or else you will die. Our neighbour drinks everyday till night and when he is drunk he talks to a pole at the end of the street. I don't know what to do with our neighbour. He will never stop drinking alcohol. May be I could go to our neighbour's house and tell him not to drink any more or else I could go to the bar and stop him when I am big. I know why people like to get drunk. It's because they try it and then they like it and then they like getting drunk.





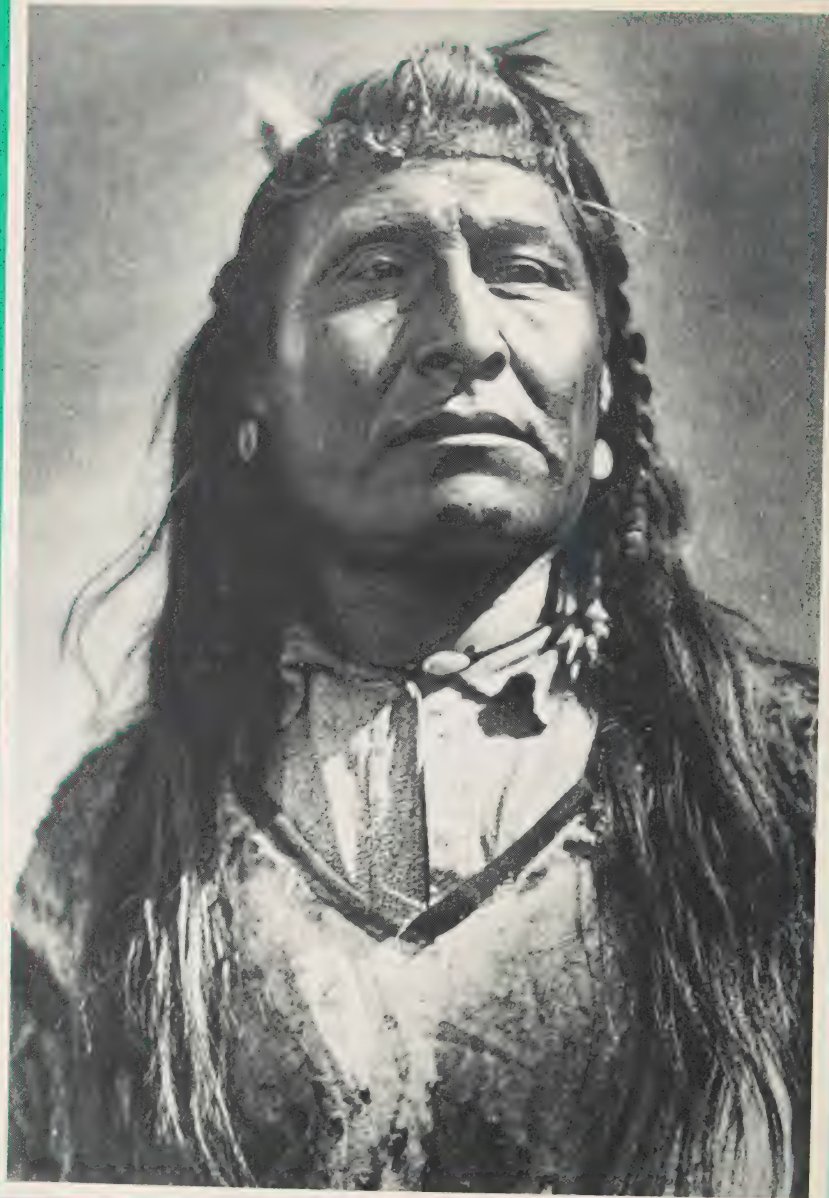
Diane age 13

Father and mother used to always drink. We stayed in the house and they always went out to drink someplace. One day Mary Johnson called us over to talk. Then she told us that my mother and father were alcoholics.

My dad went to jail for beating up my mother when he was drunk, and when he came home from jail he and my mother just went on drinking. Then one day my father got a letter saying if they didn't stop drinking we would be taken away, but the next day they started to drink again. We tried to stop them but it was too late. They passed away.

Now it isn't a very happy thing staying in a Receiving Home, but I guess it's okay for me, now my mother and father are gone I'm hoping that I won't be a alcoholic.

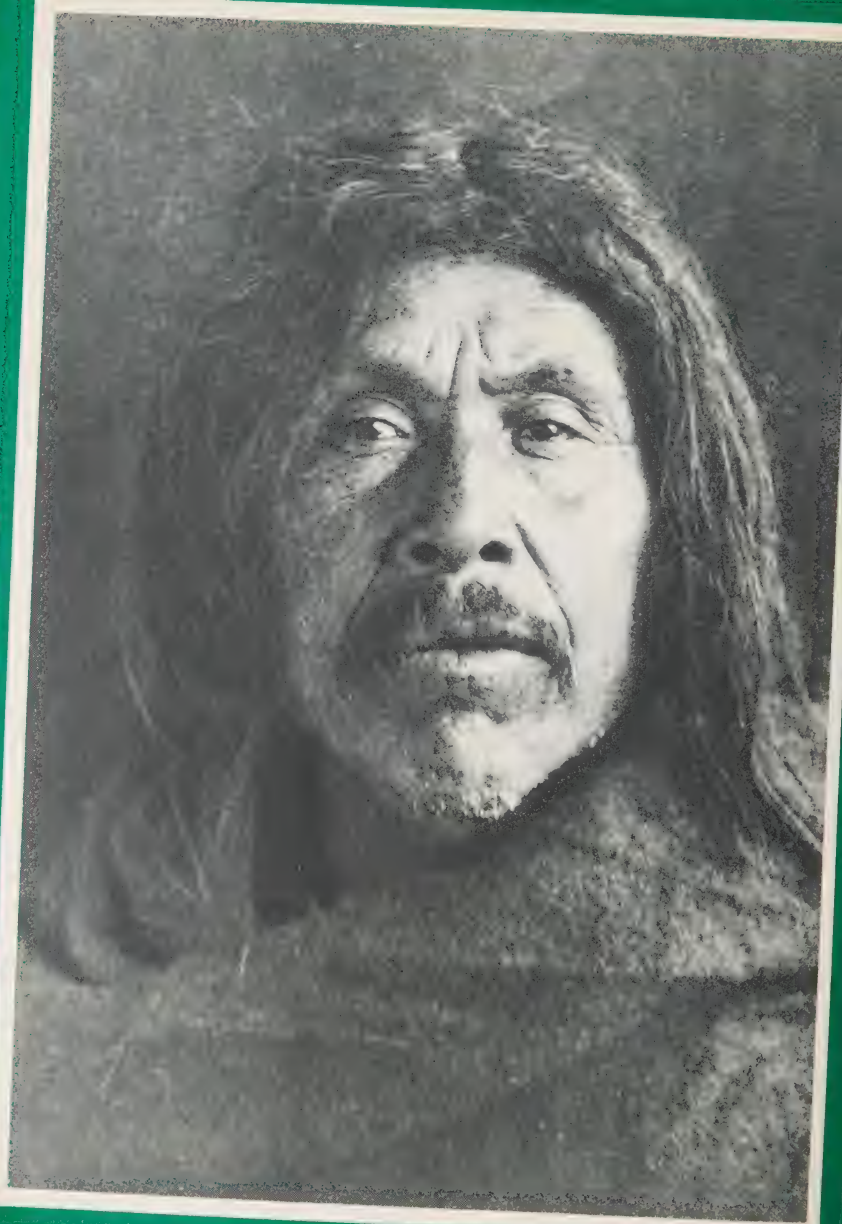
Now we can't stop anybody from drinking these days I guess they don't know what booze can do to them.



Marvin age 8

Alcohol makes you snakey or drunk. Never ever drink beer. It is not good for your heart or liver and brain. The alcohol might eat your liver and you will die. People think it is good for them but it bad for them. It is bad for you. It makes you talk into the wall. Quit while you are ahead.





## Art age 12

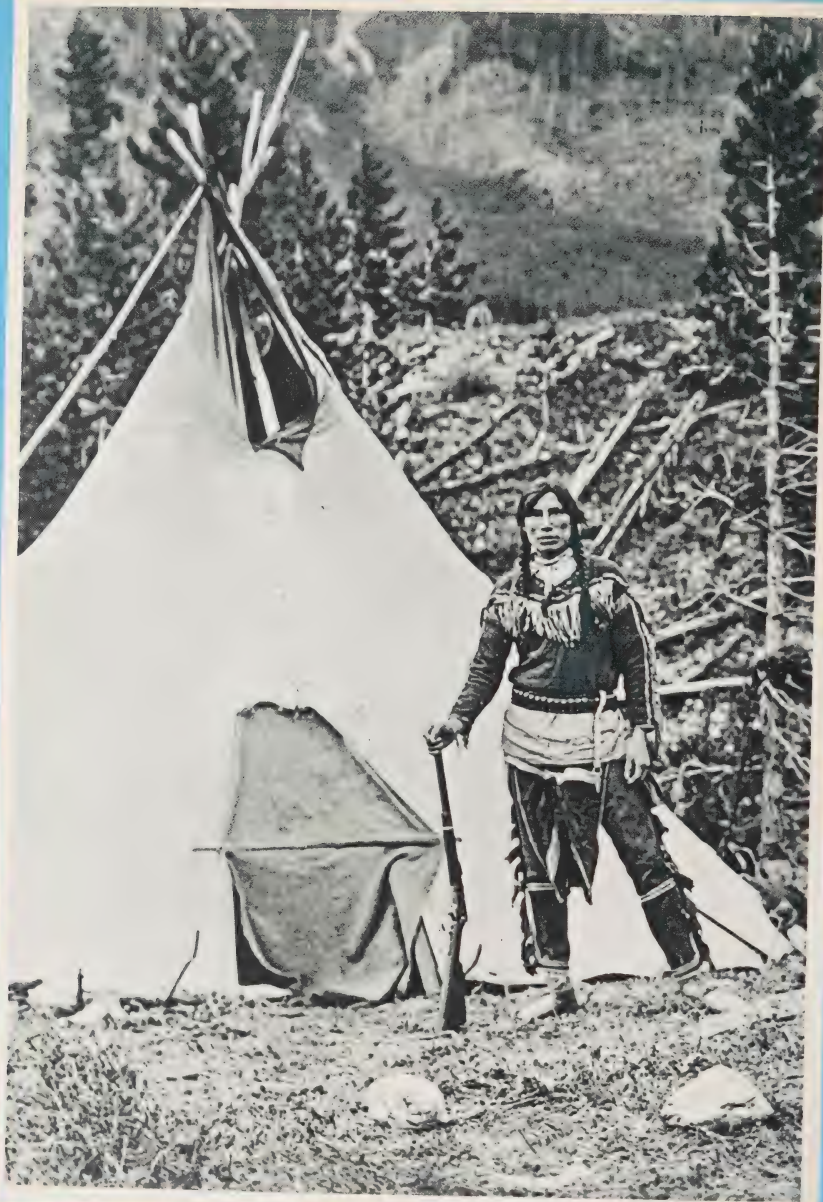
Alcohol can cause very bad things to happen. It can cause injuries to innocent people or the drinker themselves. You can lose your job. People die in car crashes while drunk. Some drown on boats because of drinking. Your family could leave you if you drink too much. Often people can die if they drink too much. Often people can do every thing wrong. Drinking can make you go crazy. It can get you into trouble. It makes you think about the bad things that have happend.





Wanda age 8

Some drunks were driving a car and ran right in the river and was dead. Some people were found but some was not. They were bureed. In the church people were crying. They were bureed in a nice place.



Pauline age 8

Drinking makes my family sad. My mother and father always drink at home and fight at home. My father stabbed my mother on the arm and Jackie, the nurse got mad at my father. My mothers arm was sore and my father said to Jackie "leave her alone, she is alright".

Janet my sister always be scared when my father hits my mother. I helped Janet stop crying and my mother called Janet and she holds her.

I am happy when they are sober. My father and mother and me and Janet and Paul and Wayne went in our speed boat to watch them fish for herring and there was lots of fish. My father and mother were sober and we had lots of fun.





# TEST YOURSELF:

Try the short  
true or false test  
on the following  
pages.

See how much you  
know about alcohol!

## CIRCLE TRUE OR FALSE

1. Alcohol is a drug: TRUE or FALSE
2. Mixing alcohol with medicines can be very dangerous: TRUE or FALSE
3. There is no quick way to "sober up": TRUE or FALSE
4. Alcohol slows a person down: TRUE or FALSE
5. Everyone reacts differently to the same quantities of alcohol: TRUE or FALSE

6. Large quantities of alcohol taken over an extended period can damage organs in the body: TRUE or FALSE
7. The type of alcohol found in antifreeze and household cleaning products is deadly: TRUE or FALSE
8. A person suffering from delirium tremens (DTs) or the "shakes" should receive medical attention immediately: TRUE or FALSE
9. There are some symptoms which can warn people that their drinking may be leading to alcoholism: TRUE or FALSE
10. Alcoholics can be helped: TRUE or FALSE

(Answers on next page)

## ANSWERS TO TEST

### 1. TRUE — ALCOHOL IS A DRUG

If sufficient amounts are drunk, the body's natural chemical balance is upset. Dizziness, weakness in the muscles and loss of emotional control are the first effects of alcohol intoxication. As greater amounts are taken, the body becomes less able to function properly. Sickness can result from heavy use. Loss of consciousness and even death can occur as a result of an alcohol overdose. Driving after drinking is dangerous.

### 2. TRUE — MIXING ALCOHOL WITH MEDICINES CAN BE VERY DANGEROUS

Cold pills, tranquilizers, sleeping pills and other medicines are drugs; alcohol is also a type of drug. When alcohol is mixed with other drugs, the combined effects can lead to drowsiness, difficulty with driving or other problems. Mixing any drugs together without medical advice could be deadly.



### 3. TRUE — THERE IS NO QUICK WAY TO "SOBER UP"

The person's liver breaks down most of the alcohol in the body until only carbon dioxide and water are left. A small amount of alcohol is excreted in urine, sweat and breath. The liver can only do its work a little at a time — coffee and cold showers will not speed the process of "sobering up".

### 4. TRUE — ALCOHOL SLOWS A PERSON DOWN

Alcohol is a depressant. It slows down the areas of the brain which control emotions and physical coordination.

A person may feel relaxed and happy for awhile. As more alcohol is consumed the depressive effects of alcohol become more pronounced. Slurred speech, loss of balance and "passing out" are some examples of this.

5. TRUE — EVERYONE REACTS  
DIFFERENTLY TO THE SAME  
QUANTITIES OF ALCOHOL

No two people are the same.

Body chemistry, body weight, amounts eaten before drinking and emotional state affect the person's reactions to alcohol.

6. TRUE — LARGE QUANTITIES OF  
ALCOHOL TAKEN OVER AN  
EXTENDED PERIOD CAN  
DAMAGE ORGANS IN THE  
BODY

The liver, brain, heart, stomach and other organs may be seriously damaged by excessive alcohol use.

7. TRUE — THE TYPE OF ALCOHOL  
FOUND IN ANTIFREEZE AND  
HOUSEHOLD CLEANING  
PRODUCTS IS DEADLY

Some types of antifreeze, household cleaning solvents and other "non-edible" products have "methyl alcohol" in them. This is very poisonous if drunk. It is chemically different from the "ethyl alcohol" found in beer, wine and spirits. Sickness, blindness and death can occur from drinking anything with methyl alcohol in it. Rubbing alcohol often contains iso-propyl alcohol which is dangerous.

8. TRUE — A PERSON SUFFERING FROM  
DELIRIUM TREMENS (DT's) OR  
THE "SHAKES" SHOULD RE-  
CEIVE MEDICAL ATTENTION  
IMMEDIATELY

Hallucinations, fever, trembling and even convulsions can occur in people who have been drunk for long periods, especially when they stop drinking suddenly. Death can occur if medical treatment is not given.

9. **TRUE** — THERE ARE SOME SYMPTOMS  
WHICH CAN WARN PEOPLE  
THAT THEIR DRINKING MAY  
BE LEADING TO  
ALCOHOLISM

These include:

- a) constantly wanting to drink or drinking more
- b) drinking alone
- c) finding excuses for drinking
- d) sneaking extra drinks
- e) early morning drinks
- f) "gulping" drinks
- g) protecting the supply (hiding bottles, making sure you never run out, etc.)
- h) losses of memory ("black-outs")
- i) fuzzy thinking, depression and constant tiredness
- j) trouble falling asleep and waking up early
- k) taking frustrations out on others
- l) drinking to relieve anxiety, stress, nervousness, anger, etc.
- m) shaking, nervousness, worry
- n) heartburn
- o) rapid heartbeat
- p) accidents, and troubles at home and with the police.



## 10. TRUE — ALCOHOLICS CAN BE HELPED

There are many recovered alcoholics in our midst. Medical treatments, Alcoholics Anonymous and a return to native pride, self-respect, customs and religion all help alcoholics get on the road to recovery.



Jimmy age 6

I do not want to drink lots and I  
see some people drink who drink lots.  
I will tell them not to drink lots.





Mary Jayne age 7

If you drink too much you can get drunk and die. Then people have to bury you under the ground and your family will really miss you. One man drank 200 bottles of beer. George and dad only drink a little bit so they won't get drunk.



Sharon age 9

Lots of people think alcohol can solve their problems. Think of you liver, heart, brain. This is what can happen to them. Alcohol can eat your liver. When its all gone you can die. Alcohol can ruin your heart nobody can live without a heart. It can destroy your health. It can make your brain funny and dumb.

I wish this world was different. Sometimes people get snakey. Please don't drink when you are pregnant. It can harm your baby. You can get stupid. If you drink too much may be your kid's will drink alcohol when they are young. You will teach them a bad habit.





Sonny age 7

Too much alcohol can make you sick. If you drink too much you can die too. If you drink a little you don't get sick. If a guy gives you a drink spit it out and tell them, "Don't drink." Tell them to quit drinking because if you drink too much you can die and your family will be poor. I would not drink if I were you. Your family wouldn't like you and your uncles wont like you either and people wouldn't like you. I don't drink.



John age 14

*An Alcoholic*

When he's drunk he always sings,  
Then he does many bad things,  
Then he laughs, then he cries,  
When he's sober he just sighs and sighs.  
He beats his wife till she's black and blue,  
He neglects his son and daughter too  
Kids all laugh at him with no respect  
All he gets is reject, reject  
He's a troubled man with many a problem  
With no one around to help him solve them  
We can help him that I know so let's see  
some get up and go.





DRINKING  
IS NOT  
INDIAN

## MANITOBA

Manitoba Regional Advisory Board on Native  
Alcohol Abuse

505 — 303 Main Street

WINNIPEG, Manitoba

R3C 0H4

(204) 949-2909

## SASKATCHEWAN

Saskatchewan Regional Advisory Board on  
Native Alcohol Abuse

1855 Smith Street

REGINA, Saskatchewan

S4P 2N5

(306) 359-5419

## ALBERTA

Alberta Regional Advisory Board on Native  
Alcohol Abuse

401 Toronto Dominion Tower, Edmonton Centre

EDMONTON, Alberta

T5J 2Z1

(403) 420-2692

## BRITISH COLUMBIA

B.C. Regional Advisory Board on Native  
Alcohol Abuse

4th Floor, 814 Richards Street  
VANCOUVER, British Columbia

V6B 3A9

(604) 666-8182

## YUKON TERRITORY

Yukon Regional Advisory Board on Native  
Alcohol Abuse

No. 2 Hospital Road  
WHITEHORSE, Yukon Territory

Y1A 3H8

(403) 667-4096

## NORTHWEST TERRITORIES

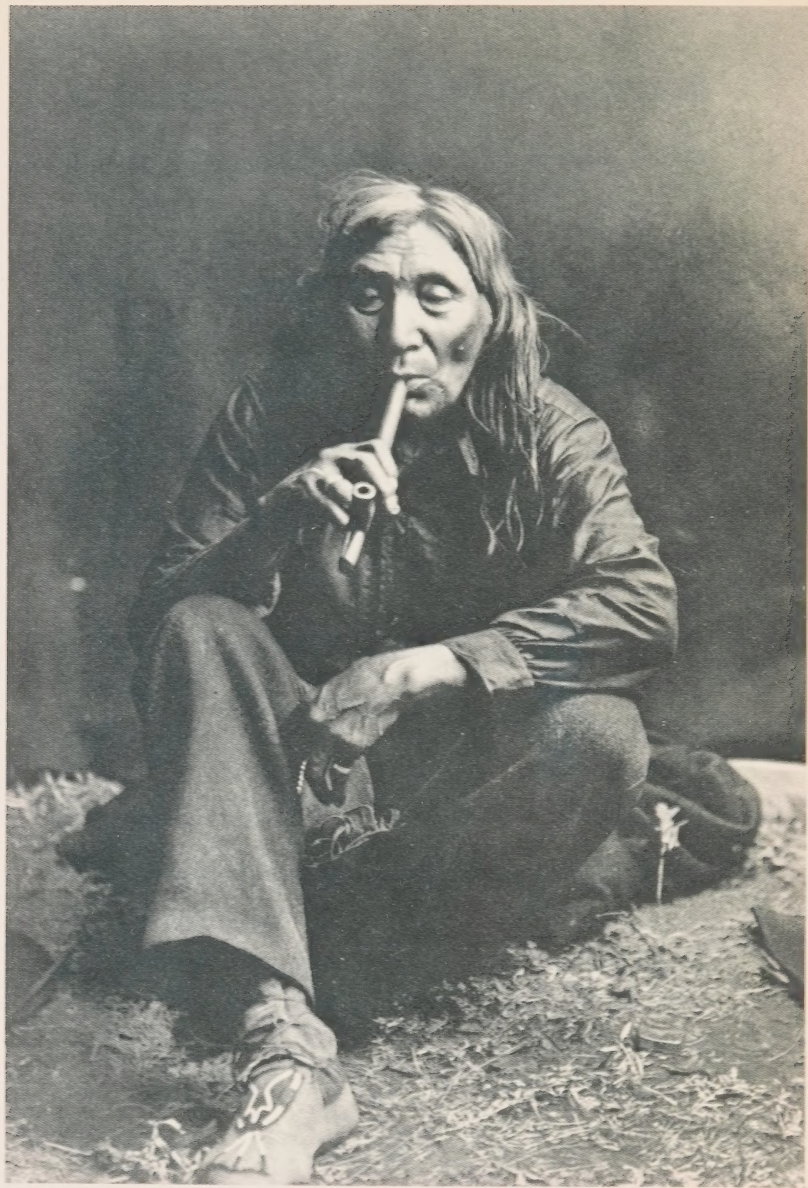
N. W.T. Regional Advisory Board on Native  
Alcohol Abuse

Bag 7777

YELLOWKNIFE, N.W.T.

K1A 2R3

(403) 873-7042







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International Year  
of Disabled Persons



Année internationale  
des personnes handicapées

Canada